SPRINT

Special Psychiatric Rapid Intervention Team

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Overview

- Mission and Concept
- Composition
- Typical Operating Procedures
- Activating SPRINT

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Mission

- To provide rapid deployment of adequately trained mental health professionals in immediate response to fleet requests following a variety of traumatic events
  - Suicide
  - Homicide
  - Accidental death
  - Natural disasters
  - Occupational mishaps
  - Sudden or unexpected death due to a medical condition
- Utilize the principles of Psychological First Aid

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Psychological First Aid

- Aims to reduce distress after disasters and traumatic experiences
- Objective is to create and sustain an environment of:
  - Safety
  - Social connectedness
  - Calm
  - Self-efficacy
  - Hope

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SPRINT is made up of…

- Psychiatrists
- Psychologists
- Psychiatric nurses and nurse practitioners
- Licensed clinical social workers
- Navy chaplains
- Behavioral Health Technicians
- Other civilians assigned to NMCSD

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How It All Works

- SPRINT activation
  - Local vs Long Distance
- Info gathering
  - Each SPRINT mission is unique and the types of interventions will vary according to the requesting command’s specific needs, nature of incident and resources available.

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How It All Works

- Once on site, SPRINT:
  - Engages in direct consultation with the chain of command
  - Guides leadership on anticipated challenges stemming from the event.
  - Assists in identifying at-risk personnel and facilitating their timely follow-up.
  - Provides command and members with resources for follow-up
  - Provides other interventions, which may include:
    - Psycho-educational Briefs
    - Informal “walk-abouts”
    - Group counseling
    - Individual counseling

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How It All Works

- SPRINT interventions are <u>confidential</u>
  - No documentation in medical record
  - Limits of confidentiality discussed up front
    - Main exception involves danger to self or others
- Participation by command members in various interventions is always voluntary
- SPRINT can remain in consultation for monitoring and follow up after the on-site mission is complete.

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How to activate SPRINT

- Local (SoCal)
  - Contact SPRINT directly or via NMCSD chain of command
    - Most efficient option for local missions
- Long Distance
  - Message sent to CNO (N931) via the operational COC
  - Generally required for:
    - Any mission outside of SoCal
    - Significant time commitment

Questions?

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